

2025 Gulf Coast Dental Conference Presents

The Complex Nature Of Oral Health & Its Association To Alzheimer's Disease

Presented by:

Debbie Seidel-Bittke, RDH, BS

Founder / CEO

Dental Practice Solutions



Dental Practice Solutions

DECIDE • EMPOWER • GROW

The Complex Nature of Oral Health and Its Association to Alzheimer's Disease

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The Role of Oral Health in Systemic Inflammation:

- Periodontal disease and gingivitis contribute to systemic inflammation
- Pathways through which oral pathogens (e.g., *P. gingivalis*) may affect the brain
- The mouth-body connection: linking oral and brain health

Understanding Alzheimer's Disease and its Risk Factors:

- Overview of Alzheimer's disease, symptoms, and progression
- Common risk factors: genetic, lifestyle, and health-related, etc, etc.

Oral Inflammation and Alzheimer's-The Biological Mechanisms:

- Blood-brain barrier integrity and oral bacteria migration
- Role of inflammatory markers (e.g., cytokines) in cognitive decline
 - Amyloid Plaque Formation
 - Tau Tangles
 - Microglial Activation
 - IL-6 and Cytokines Role
 - Disruption of Neuronal Communication
 - Oxidative Stress and Mitochondrial Dysfunction
 - Blood-Brain Barrier Dysfunction
 - Genetic and Epigenetic Factors
 - APOE Gene (especially APOE ε4)

Disease Prevention Strategies:

- Our role as dental professionals is to halt the progression of oral disease.
- Oral inflammation contributes to other systemic diseases such as: heart attack, stroke, diabetes, Crohn's Disease, Various Cancers, Parkinson's Disease and Alzheimer's Disease (AD), etc.

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- **Our message:** “We help put a halt to oral inflammation and help you live a healthier, longer life.”
- Diet / Exercise / Nutrition / Supplements
- **REDUCE INFLAMMATION!** Oral inflammation and Systemic!
- Normal A1C and Glucose Levels.
- Normal Weight/BMI.
 - Skeletal Muscle Super Important – IL-6 becomes “anti-inflammatory”: See Research [Here](#).
 - Lift Weights at least 2Xs/week. Read the above research to learn positive effects.
 - Lift 70% of your MAX.
 - Include Level 2 Cardio 180 mins each week. Read about Level 2 Cardio [Here](#).
- At least WALK 30 minutes daily. Even 2 days a week of exercise has shown positive results.
- Metabolically flexible. Learn about it [here](#).
- Sleep. 7 hours of sleep with 20% REM sleep during the 7 hours
 - During sleep the Glymphatic System cleanses your neurons
 - More research [here](#).
- Oxygenation (Sleep apnea) decline can be a problem. Read research [here](#).
- Ketone levels.
- HSCRP (inflammation) > 5 is too much systemic inflammation: <https://www.testing.com/tests/high-sensitivity-c-reactive-protein-hs-crp/>
- Homocysteine Read more about this [here](#).
- Environmental; inorganics (Air pollution and mercury).
- Organics/Nutrition. Various Supplements: Creatine (The most widely researched supplement to prevent cognitive decline. 5g's a day), Omega 3's, Ketones, etc. Little or no dairy. Eliminate leaky gut. Healthy microbiome. * See below for Supplement recommendation.
- Biotoxins/Tick Borne illnesses, etc.
- Trophic support (Vit D).
- Omega-3's (You can test these and they should be approx 10 or Omega 6 to Omega 3 Levels should be about 3:1 range) Oxygenation decline can be a problem.
- Schedule a Cognoscopy. Everyone at 45 yrs of age or older should have one just like you get a colonoscopy and/or mammogram: **Resource:** <https://www.apollohealthco.com/the-bredesen-seven/>
 - If you have symptoms after taking the Cognoscopy, you need an MRI and look at grey matter.

APOE4 = The Alzheimer's gene. More research [here](#).

- * **Nutrition and Organics Resource:** Most supplements have unnecessary fillers and toxins. For **25% OFF THORNE** Supplements please email me for a link and recommendations about what to take to prevent dementia, decrease inflammatory diseases, etc.

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Email: debbie@dentalpracticesolutions.com In your subject line write: Thorne Supplements

Technology and More:

- Soft-tissue laser
- Communication tips for patient acceptance
- Benefits of Photobiomodulation

Motivational Communication with Patients:

- How to sensitively approach the topic with patients
- Tips for educating patients on the importance of oral health in overall well-being
- Encouraging compliance and routine preventive care

Motivational Interviewing. How and why to use this technique:

View Info [Here](#).

- Show compassion
- Empathy
- Reflective listening
- Encourage ideas from the patient
- Easier to help the patient change. Minimizes resistance.

Ask open-ended questions:

Examples:

"What needs to change at home so things get better?"

"What do you believe will help you to _____?"

"What do you think is holding you back from _____?"

"Can you help me to understand the purpose of _____?" or "Can you help me understand the reason why you decided to _____?"

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Motivational interviewing is a supportive therapeutic approach that centers your experience in an effort to inspire positive behavioral change. As a therapeutic approach, it continues to evolve and is also used in many nonclinical settings, like prisons and schools.

Motivational interviewers don't teach specific techniques. Listen carefully and seek to understand the experience. Motivational interviewers also aim to build a desire and the confidence to change aspects in the patient's life that conflict with successful, healthy human values and goals.

How Motivational Interviewing Works:

If you participate in this type of conversation, you will ask open-ended questions that invite your patient to tell a story in their own words. Instead of asking, *"Do you want things to be different?"* For example, a motivational interviewer might ask you, *"How would you like things to be different?"*

As a motivational interviewer, look for your patients strengths and positive behaviors. Affirm their positive behaviors. **For example**, you may highlight the resources you provided that will halt the progression of gum disease. Flossing or returning for routine maintenance may feel challenging so do your best to emphasize the benefits of taking these steps. **For example**, recap with your patient about a time someone or when your patient did comply and talk about this situation.

For example, tell your patient.....*"I remember when we were treating your active gum disease and you returned to complete the numerous appointments as we had planned. Remember when you returned six weeks later and your oral health was greatly improved? You even told me your doctor decreased your blood pressure medication. You did really well with that! This is the benefit of following through with preventive care and reducing oral inflammation."*

Reflective listening is another key component of motivational interviewing that involves the provider listening carefully to the patient. You will sit eye-to-eye in a comfortable position, looking with your patient in a way that shows interest and respect. Your actions show empathy and are a non-verbal way to show you care. People want to be understood. Listen to learn. Show a level of curiosity.

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This type of listening might include a response with the clinician repeating, paraphrasing or summarizing what they heard the patient state so you show understanding, compassion and caring. The deepest kind of listening involves the (dental professional) interviewer highlighting the emotional aspects of patient:clinician communication, by replying with reflections such as, “Yes, I can imagine that you feel _____.”

When motivational interviewing is effective, the patient's motivation and actions change to improve their situation. The patient makes a commitment to change and their condition improves.

Note: Paraphrase and summarize what your patient is saying. Listen to understand.

CASE STUDY

Patient Health/Dental History:

Age:

Chief Complaint:

Today's Treatment:

Treatment Plan:

Communication (Verbiage):

Clinical Notes:

NV:

What should the narrative say?

What other information do you need to present this treatment to the patient?

Who will schedule the future appointments?

What will you do if the patient decides they want to wait and schedule later?

What is your follow up with patients who don't accept treatment?

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Resources

1. Periodontal Disease in Adults (Age 30 or Older). Access Report [Here](#).
2. CDC Periodontal Disease. Access Report [Here](#).
3. What is Alzheimer's Disease? Access Report [Here](#).
4. Alzheimer's Disease Stages: How the Disease Progresses. Access Report [Here](#).
5. Top 10 List Warning Signs. Access Report [Here](#).
6. Free Course About Alzheimer's Disease by the Alzheimer's Association. Access [Here](#).
7. Your "Normal" Blood Pressure is Silently Destroying Your Brain. Access Report [Here](#).
8. Risk of dementia and cognitive dysfunction in individuals with diabetes or elevated blood glucose. Access Information [Here](#).
9. Reversing Cognitive Decline. Dale E. Bredesen, MD. Access Information [Here](#).
10. Photobiomodulation in the aging brain: a systematic review from animal models to humans. [Lucía Rodríguez-Fernández](#) [Candela Zorzo](#) [Jorge L Arias](#). Read the research [here](#).

Favorite Health and Alzheimer's Disease Podcasts:

- Neurologist Dale Bredesen, M.D.
 - i. Be sure to subscribe to his podcast when you listen [here](#).
 - ii. Or go to: podcast@mindbodygreen.com
- Louis Nicola, PhD, Neurophysiologist - Alzheimer's Disease (AD) Expert and Gabrielle Lyon, MD (Osteopath) and Wellness Expert Podcast:
https://youtu.be/1g3K_oy-6_c?si=r9TGrDL-IIRmfiT
- Also subscribe to Louisa's podcast for a wealth of information about prevention of Alzheimer's Disease (AD): <https://www.youtube.com/@LouisaNicola>

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Thank you for attending! You are greatly appreciated!

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